

# Events, Workshops & Info

<b><u>Foot Care Clinic</u></b> 2nd Tuesday & 2nd & 4th Wednesday 8:30am-3:30pm <i>By Appointment Only</i>	<b><u>Massage Therapy</u></b> 1st Monday of each Month 9:00am-2:00pm <i>By Appointment Only</i>	<b><u>Senior Nutrition Lunch Program</u></b> Lunch served at Noon Mon/Tues/Wed/Fri 60+: \$3 Suggested Donation Under 60: \$5.75	<b><u>Legal Clinic</u></b> Eastside Legal Assistance Program Thursdays 2:00-4:00pm <i>For Appointment Call</i> 425-747-7274
<b><u>Afternoon Parent/Child Drop-In Play Group</u></b> Wed 11:00am-1:00pm Thur 12:00- 4:00pm	<b><u>End of Summer Picnic</u></b> Wednesday, August 22nd 11:30am-2:00pm <i>REGISTER by August 15th</i>	<b><u>Reflexology</u></b> 1st & 3rd Tuesday of each month 8:30am-3:30pm <i>By Appointment Only</i>	<b><u>Thursday Afternoon at the Movies</u></b> Each Thurs. 2 - 4 pm NBCC Media Room See the Front Desk for Monthly Movie List!
<b><u>AARP Driver Safety</u></b> T & Th June 5 & 7 T & Th August 7 & 9 <i>Pre-Registration Required</i> \$12/AARP Member \$14/Non-Member	<b><u>Bastille Day Dance</u></b> Tuesday, July 11th 2:00-4:00pm Come listen to the music of Sounds of Swing Big Band <b>\$3/Fee</b>	<b><u>Getting Around Puget Sound</u></b> <i>Get one on one help with                  transportation from the                  experts. Monday's                  11am-1pm</i>	<b><u>SHIBA Medicare Assistance</u></b> (Statewide Health Insurance Benefits Advisors) 1st & 3rd Wednesday 9, 10 & 11 am <i>By Appointment Only</i>
<b><u>Father's Day Luncheon</u></b> Wednesday, June 13th 11:30am-1:00pm <i>REGISTER by June 6th</i>	<b><u>Father's Day Dance</u></b> Tuesday, June 12th 2:00-4:00pm Come listen to the music of Sounds of Swing Big Band <b>\$3/Fee</b>	<b><u>NEW!</u></b> <b><u>Gentle Fitness</u></b> Tue & Thu 10-11 am <i>Pre-Registration Required</i>	<b><u>NEW!</u></b> <b><u>Core &amp; Stretch</u></b> Thursday 1:00-2:00 pm <i>Pre-Registration Required</i>

## Trips

<b><u>37th Annual Ballard Seafood Fest</u></b> Saturday, July 14th 11am-4pm	<b><u>Tillicum Village</u></b> Tuesday, July 24th 10:30am-4:30pm	<b><u>Chuckanut Bay Crab Cruise On the Viking Star</u></b> Tuesday, August 21st 1-8pm	<b><u>Arnie's Restaurant In Edmonds</u></b> Thursday August 23rd 11am-3pm
<b><u>Muckleshoot Casino</u></b> Tuesday, July 17th 9am-5pm	<b><u>Rent at the 5th Avenue Theatre</u></b> Thursday July 26th 7-11:30pm	<b><u>Greet the Fleet Argosy Lunch Cruise</u></b> Wednesday August 1st 11am-4pm	<b><u>Skagit Valley Gardens Café &amp; Afternoon Tea</u></b> Wednesday, August 15th
<b><u>Woodland Park Zoo</u></b> Thursday, July 19th, 9am-2pm	<b><u>Snoqualmie Casino</u></b> Tuesday, August 7th 9am-4pm	<b><u>Emerald Downs Racetrack</u></b> Thursday, August 23rd 4:30-11pm	<b><u>North Bellevue Community Center</u></b> 4063 - 148th Avenue NE, Bellevue WA 98007 Phone 425-452-7681 Fax 425-882-1968 www.bellevuewa.gov www.myparksandrecreation.com